

the elongate body (2), and a second handling member (6,8) attached to the elongate body (2), characterized in that the first (5,7) and second (6,8) handling members are freely rotatable with respect to each other, further including an elongate element (6) to be removably connected between the elongate body (2) and the second handling member (8) to extend the distance between the elongate body (2) and the second handling member (6,8).

3. (Amended) An exerciser according to Claim 1, wherein the resistive mechanism (14) provides an additional force against the extraction of the first handling member (5,7) from the elongate body.

4. (Amended) An exerciser according to Claim 1 further including a flange (20) to be fitted between the elongate body (2) and the second handling member (6,8).

5. (Amended) An exerciser according to Claim 1 wherein the resistive mechanism (14) comprises a spring.

6. (Amended) An exerciser according to Claim 1 further including a low friction surface on the internal wall of the elongate body (2).

7. (Amended) An exerciser according to Claim 1 wherein the end of the first handling member (5,7) for insertion into the body (2) further includes a plunger (15) that is coated with a low friction material.

8. (Amended) An exerciser according to Claim 1 further including means for adjusting the pre-load of the resistive mechanism (14).

9. (Amended) An exerciser according to Claim 1 further including means for monitoring the length of usage of the exerciser.

10. (Amended) An exerciser according to Claim 1 further including means for monitoring essential biometric parameters while exercising.

11. (Amended) An exerciser according to Claim 1, in which the first handling member is removably connected to the elongate body.

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12. (Amended) An exerciser according to Claim 1 wherein the elongate body, the first and second elements and the first and second handling members are sized to be carried in a pocketable pouch.

Please add new claims 13-25 as follows:

13. (New) An exerciser according to Claim 2, wherein the resistive mechanism (14) provides an additional force against the extraction of the first handling member (5,7) from the elongate body.

14. (New) An exerciser according to Claim 2 further including a flange (20) to be fitted between the elongate body (2) and the second handling member (6,8).

15. (New) An exerciser according to Claim 1 wherein the resistive mechanism (14) comprises an elastomeric foam.

16. (New) An exerciser according to Claim 1 wherein the resistive mechanism (14) comprises a pneumatic cylinder.

17. (New) An exerciser according to Claim 1 wherein the resistive mechanism (14) comprises a hydraulic cylinder.

18. (New) An exerciser according to Claim 2 wherein the resistive mechanism (14) comprises a spring.

19. (New) An exerciser according to Claim 2 wherein the resistive mechanism (14) comprises an elastomeric foam.

20. (New) An exerciser according to Claim 2 wherein the resistive mechanism (14) comprises a pneumatic cylinder.

21. (New) An exerciser according to Claim 2 wherein the resistive mechanism (14) comprises a hydraulic cylinder.

22. (New) An exerciser according to Claim 2 wherein means are provided for adjusting the pre-load of the resistive mechanism (14).

23. (New) An exerciser according to Claim 1 wherein the end of the first handling member (5,7) for insertion into the body (2) further includes a plunger (15) that is made from a low friction material.

24. (New) An exerciser according to Claim 2, in which the first handling member is removably connected to the elongate body.

25. (New) An exerciser according to Claim 2 wherein the elongate body, the first and second elements and the first and second handling members are sized to be carried in a pocketable pouch.

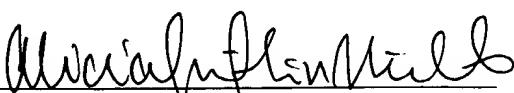
#### REMARKS

The present communication is being filed in reference to the United States national phase entry of the PCT application referenced above. Claim 1 remains unchanged, claims 2 through 12 have been amended and claims 13 through 25 have been added. None of the amendments or new claims constitute new matter.

If any additional fees are required to enter the present amendment, Applicant hereby authorizes the Office to charge Deposit Account No. 06-1910. If the Examiner feels that prosecution of the present application can be materially advanced by a telephonic interview, the undersigned would welcome a call at the number listed below.

Respectfully submitted,

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